

VEGGIE PASTA

Ingredients:

- 1 can vegetable of choice (14oz or more)
- 1 box of dry pasta
- 1 can or jar of pasta sauce (14oz or more)



Instructions:

1. Cook pasta according to package instructions.
2. Open can vegetable of choice and drain liquids. Pour vegetable into a medium saucepan with a pinch of salt and pepper.
3. Add pasta sauce into saucepan and heat until hot. Serve on top of pasta.

Tips:

- Before adding drained vegetables and pasta sauce, sauté garlic to add flavor. Add drained vegetable and pasta sauce after to heat.
- Use spices to elevate dish. Recommended: Italian seasoning, red chili flakes, garlic powder, onion powder, rosemary, or basil.

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PASTA & BEANS



Ingredients:

- 1 can beans of choice (15oz or more)
- 1 box of dry pasta
- 1 can or jar of pasta sauce (14oz or more)

Instructions:

1. Cook pasta according to package instructions.
2. Open can beans of choice and drain liquids. Pour vegetable into a medium saucepan with a pinch of salt and pepper.
3. Add pasta sauce into saucepan and heat until hot. Serve on top of pasta.

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CHILI MAC & CHEESE



Ingredients:

- 1 box macaroni and cheese
- 1 can chili (15oz or more)
- 1 can diced tomato (14oz or more)

Instructions:

1. Cook macaroni and cheese according to package instructions. Set aside.
2. Open can diced tomato and drain liquid. Pour diced tomato and chili into medium saucepan.
3. Simmer for 3-5 minutes to allow flavors to meld together.
4. Mix macaroni and cheese together

Tips:

- Use spices to elevate dish. Recommended: Red chili flakes, garlic powder, onion powder, and/or chili powder.

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OATMEAL WITH FRUIT

Ingredients:

- 1 cup of shelf-stable milk
- 1 cup instant oatmeal
- 1 can fruit (15oz or more)
- Toppings of choice

Instructions:

1. Soak instant oatmeal with milk for approximately 5-10 minutes.
2. Open can fruit and drain liquid. Cut fruit to desired size bites.
3. Serve oatmeal and top with fruit.

Tips:

- Recipe can use water in place of milk and fresh fruit in place of can fruit.
- Add toppings for extra nutrition, flavor, and textures. Recommended: granola, nuts and seeds, honey or maple syrup.
- Use spices to change flavor profile. Recommended: cinnamon, vanilla, or cardamom.

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TUNA CASSEROLE

Ingredients:

- 1/2 lb dry pasta
- 1 can tuna (5oz or more)
- 1 can green bean (14oz or more)
- 1 can cream of mushroom (10oz or more)

Instructions:

1. Preheat oven to 350 degrees.
2. Cook pasta according to package instructions.
3. Open all cans and drain liquids of tuna and green beans.
4. Mix cooked pasta with cream of mushroom, tuna, and green beans. Pour into a medium casserole pan.
5. Bake for 25-30 minutes.

Tips:

- Add cheese, breadcrumbs, or cracker crumbs on top of casserole before baking.
- Add onion and slivered almonds into mixture for extra flavor and texture.

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CHEESY CHICKEN RICE

Ingredients:

- 1 cup rice
- 1 can cheese sauce OR cheese soup (10oz or more)
- 1 can chicken (12oz or more)



Instructions:

1. Preheat oven to 350 degrees.
2. Cook rice according to package instructions.
3. Open all cans; Drain excess water from chicken.
4. Mix cooked rice with nacho cheese sauce (or soup) and chicken. Pour into a medium casserole pan.
5. Bake for 25-30 minutes.

Tips:

- Add crushed tortilla chips or corn flakes to top of casserole before baking.
- Mix in a packet of taco seasoning, a cup of salsa, or some frozen veggies before baking for extra flavor.

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CHICKEN TACO BOWL

Ingredients:

- 1 12oz can chicken
- 1 15oz can beans
- 1 14oz can corn
- 1 packet of taco seasoning

Instructions:

1. Open and drain all liquids from canned chicken, beans, and corn.
2. Mix chicken, beans, corn, and taco seasoning together and enjoy!

Tips:

- Use spices to elevate dish. Recommended: Red chili flakes, garlic powder, onion powder, cumin, and/or chili powder.
- Enjoy with tortilla chips for an added crunch.
- Add diced tomato, avocado,

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